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# Vida En Sombras

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Tommy Canales Burns

Written Statement

### Vida En Sombras

Shadows are constantly changing around us. A person can control their own shadow with movement and more sophisticated techniques as well, a good example is film and photography lighting. This involves controlling or altering the source of light. But natural light is difficult to control. It acts on us. Rarely do we even notice our own shadows but when we do it is with wonder and amazement. The idea of our presence in this world, that we cannot separate ourselves from. Cognitive bias and cognitive dissonance. Verisimilitude. What is reality? Subconsciously we are acting out and absorbing information collating data and in turn responding with instincts. Learning processes to view and shape this world. I think of the Hermann Hesse's doppelganger, the idea of a shadow self. Group identities can also have strange shadow selves. It is bizarre to look back at history and see the changing context of social norms, fashions, traditions, scientific, philosophical, and political thought. Art is a sign of the times, creating space for the inner dialogue of collective consciousness to be purged and hashed out. Sharing my thoughts with others is an honor and privilege one I am extremely grateful for. At times when I thought no one cared or would hear my side, amazing people mainly through the common lens of art gave me community. These shared beliefs that there is Life in Shadows, belief in imagination, free thought and exploration of the unknown. Plato's allegory of the cave reminds me how powerful shadows can be. I wish only to understand better these shadows that I am told construct my reality. Knowledge is freedom.